



MENTAL HEALTH MONTH MAY 2020

At SHCS we promote UWS students emotional, mental and physical well-being. Our top priority is to continue to provide counseling services for you during this uneasy time. Now more than ever, its important to continuously check in with your mental and emotional health. What better way to do this than to CELEBRATE Mental Health Month which takes place all of the month of MAY!

This years topics are:

- Owning Your Feelings
 - <https://mhanational.org/owning-your-feelings>
- Finding The Positive
 - <https://mhanational.org/finding-positive-after-loss>
- Eliminating Toxic Influences
 - <https://mhanational.org/eliminating-toxic-influences>
- Creating Healthy Routines
 - <https://mhanational.org/creating-healthy-routines>
- Supporting and Connection With Others
 - <https://mhanational.org/connecting-others>
 - <https://mhanational.org/supporting-others>

**1 in 5 people will
experience a mental
illness during their
lifetime**

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UNIVERSITY of WISCONSIN
Superior

Student Health & Counseling Services

Division of Student Affairs

BENEFITS OF TELECOUNSELING

As all of us social distance from home in order to prevent the spread of COVID-19, many of us may currently be experiencing increased levels of stress or anxiety. It has become critical to conduct telephone or video calls in order to keep us connected during the current pandemic. This is where offering online therapy helps to continue to foster our mental well-being while abiding by social distancing guidelines. ,

STUDIES HAVE SHOWN THAT WELL-DESIGNED TELEHEALTH THERAPY CAN:

1. Enhance Satisfaction
2. Improve access and outcomes
3. Be utilized for a variety of populations and disorders
4. Accessibility for those with physical limitations
5. Be just as effective as in-person therapy

Resources

<https://www.mhanational.org/mental-health-month>
<https://www.uwsuper.edu/shcs/counseling/screenings/index.cfm>
<https://www.uwsuper.edu/shcs/index.cfm>
<https://www.psychologytoday.com/us/blog/modern-mentality/202004/telemental-health-during-the-coronavirus-pandemic>



WEEKLY EVENTS:

**Mindful Mondays Mondays 12-12:30pm
via Zoom**

<https://zoom.us/j/834288696>

Daily Mindfulness, 3:30-3:50pm

<https://uwsuper.zoom.us/j/8837092128>

**Beginners Yoga for Students - Jenna Erickson
Pruitt Center for Mindfulness and Well-Being**

Mondays 5-6pm

Join Zoom Meeting

<https://uwsuper.zoom.us/j/688604721>

Wednesday 12:30-1:30pm

Join Zoom Meeting

<https://uwsuper.zoom.us/j/829113989>

RESOURCES

Mental Health Crisis Resources

- Superior Police: 911
- UWS Campus Safety: 715-394-8114
- Douglas County 24-hour Crisis Line: 715-392-8216
- Suicide Prevention Hotline: 1-800-273-8255
- Veterans Crisis Line: 1-800-273-8255, Press 1
- Text: 838255
- Crisis Text Line: Text "MN" to 741741